



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 31 -- May-June 2002 -- Number 3

Contents

Club Notes

Summer Picnic's Coming Soon! by Bill Daniels

BCC Needs Team Riders For MS 150 by Byron Bell

Commuter-Cyclists Unite! by Bob Grossman

BCC brevet series by Johnny Bertrand

Dates For Your 2002 Calendar by Bill Daniels

HH: Inside Track 2 by HH Committee

Helmets and Kids by Bill Daniels

Time Trials by Woodson Smith

Why Bad Weather Is Your Buddy (Well, Sort Of) by Woodson Smith

Cycle For a Cause: TNT Tropical Island Century by Dave Turner

My Favorite Things About Bicycling by Mark Medley

BCC Women's Race Update: Spring 2002 by Rachael Peake

If You Move...

Copy Due Dates

Racing Info



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Club Notes

1. NEW! Lexington's Thursday rides will now include those starting from the Police Firing Range at the corner of Parkers Mill and Airport roads. This is in addition to the Hartland Shopping Center Thursday start.
2. BCC Picnic is June 30th! Plan on doing the ride before we eat!
3. May is National Bike Month-do what you can and ride, ride ride! Be noticed and respected-follow the rules of the road.
4. Listserv number is up to 138 subscribers. Sign up now!
5. The BCC sponsored brevet and the race in Waddy, Ky. were successes! Thanks, Johnny and Fred!
6. Have a favorite route? Contact Alan Mullins, and he'll give you a day to ride it! You can phone him at 502 695-2534, or e-mail him at alanmull@bellsouth.net
7. Don't forget! Articles for the newsletter are always welcome! (Just turn them in on time.)

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Summer Picnic's Coming Soon!

Bill Daniels

It's time again to join your biking buddies for yet another BCC picnic feast.

The club will be holding its annual BCC Summer Picnic on June 30, a Sunday. Enjoy brats, hamburgers, and hotdogs along with the provided soft drinks under a canopy of trees. Adena Park, on Mt. Horeb, which is in the general vicinity of the Kentucky Horse Park, will be our picnic location once again.

Bring a side dish or dessert to share with the rest of us-and don't forget your bike for a pre-dinner ride of 12-33 miles. All levels of riders are welcomed to join one of the leaderless rides provided. And croquet will be set up for some "serious" rematches.

So mark this date down, June 30, and plan on coming for the ride, food, or both! Rides start at 4:00, with dinner starting around 6:00.

To get an estimated head count, RSVP to Bill Daniels, wedaniels1@prodigy.net or 859 271-6001.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

BCC Needs Team Riders For MS 150

Byron Bell

Most non-riding people I know don't realize that I actually enjoy doing 150 miles in a weekend. To them it's inconceivable, pure torture, rather extreme. To me it's an opportunity to enjoy new roads, meet new people, and actually do some good while I'm at it. How many hours have you spent in the past year riding for your own benefit? Now here's a chance to do something for someone else.

I've been involved in the annual MS 150, a benefit ride for the National Multiple Sclerosis Society, for ten years now, and keep going back. People with MS can't just get on their bikes and take off on a beautiful spring day-you can. At least for now. Since I started paying attention, I've found that there are quite a few people in my acquaintance who have been affected by MS, either directly as in the case of one young co-worker, or from stories told to me by people I've solicited for donations.

This year I've asked the club to sponsor a team, and found the officers eager and willing. We will get the club name out in a positive light, reach a new group of riders for possible membership, and do something constructive for the less fortunate. So, I'm asking you to consider joining us in making the BCC's presence known for the first time this year.

The ride starts in Louisville and goes about 75 miles to Frankfort the first day-it's easy to add more miles if you need a century. Ride support, sags and food are abundant. You can attend the Saturday night dinner at Buffalo Trace. Sunday there's a circuitous trail to Spindletop and a finish line cookout. It's two weeks after the Horsey, on June 8-9, so you'll be in plenty good shape and ready to keep it going.

A lot of riders have refused my offer in the past when I approached them-I don't do charity rides, I don't like raising money, or, I've got a competition, are common replies. I admit this isn't for everyone, and I have no delusions about attracting 50 new people from the club, but I bet there are a few of you out there who would enjoy putting your riding skills to good use for a weekend. Yes, you have to raise money ahead of time, but I guarantee it's a whole lot easier than you think, and can offer some tips to make it painless. If that's your biggest beef with this sort of thing, I'll show you how.

Whether you pick this benefit ride or one of the others in the area each year is up to you. This is the one I've grown attached to, and I look forward to it every year. The team from Iowa will surely return-the wide variety of riders and skill levels-the positive atmosphere-catching up with old friends. If you're going to go riding across the state, why not do it with support and help out the community once a year? Besides, you can hit up the couch potatoes you know for a few food stamps and make yourself look good in the process.

If you are interested, please give me a call very soon-time is running out for preparation, and I need to finalize the BCC roster.

Visit the ride web site at <http://www.kynmss.org/fundrs/msbike.htm> for more details.

Byron Bell, 859 232-4538 (work) or 859 987-3563 (evenings)

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Commuter-Cyclists Unite!

Bob Grossman

Those of you who are lucky enough to be able to commute to work by bicycle may want to visit <http://www.chem.uky.edu/bikes/> a web page for commuter-cyclists in Lexington, and sign up for an e-mailing list (messages are very occasional). Most members of the mailing list are faculty or staff at UK, but members of the community who are unconnected to UK are welcome too. I serve on the UK Bike Committee and the LFUCG Bicycle-Pedestrian Advisory Committee, so I know much of what is going on around Lexington that bears on commuter-cyclists and short-haul recreational cyclists.

Occasionally a controversy that affects cyclists arises-the Arboretum comes to mind-and the more cyclists I can alert to write letters, the more our needs will be addressed. So please sign up for the mailing list!

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

BCC brevet series

Johnny Bertrand

The BCC's 2002 randonneuring season got off to a good start March 30 with the 200 km brevet. There were 22 participants with 18 official finishers. See the table for the official finishers.

The weather did not look promising coming into the weekend, but as so often happens with Kentucky weather, things changed. The ride began at 7:00 a.m. in pretty thick fog. It was in the 40s, but the fog made it seem colder.

By 8:30 a.m. the fog was pretty much history and riders were treated to a beautiful, sunny spring day in the Bluegrass. For the locals it was pretty much standard fare, but the folks from out of town were impressed with the scenery and the roads.

BCC club member Todd Williams took off at his usual blistering pace (Todd finished PBP 1999 in 58:59), while close behind another large group followed. This included one of BCC's tandem duos Clarissa Spawn and Alex Meade. BCC's Bena Halecky, Dave Scott, Phil Needham, Mark Hanson, Jeff McClung, and Roger Penrod made up most of the rest of this group. Christine and Larry Graham (Westerville, Ohio) were also there on their tandem. Deeanna Shidler (Pana, Ill.) and Jim Huguenard from Prospect, Ky., made up the rest of the group. A bit further behind came BCC's Troy Martin, Doug Wagner, Steve Royse, and Steve Wyatt. Jim Moore from Campbellsville (Louisville Bicycle Club), Mark Matson (Cincinnati), and the dynamic duo Turbo Flores and Don Silas (a nephew/uncle team from Indianapolis) completed the group. I actually rode the event solo a week earlier, marking the route and leaving me free to act as a controller on the day of the event.

As the day progressed the riders broke into smaller groups riding at the same pace. The course is flat to rolly until Goffs Corner. From there to Vaughns Mill, where BCC's Jerry Crouch acted as controller, is 17 miles of relatively hilly terrain with a few dogs thrown in for good measure. The dogs were not too bad, but at least two of them did get a face full of Halt!®. Much to his delight, 15-year-old Turbo zapped one and Steve Wyatt got the other one.

Doug Wagner was plagued with a series of flats. He turned around at Log Lick after he was forced to borrow a tube for his third flat. Still, he got in 104 miles for the day. Don Silas had problems with his back wheel, so he and Turbo called it quits at Goffs Corner on the way back, giving them 79 miles for the day. Mark Hanson did the whole ride, but elected not to sign in and have his brevet card stamped. So he was not an official

finisher. Everyone else officially finished the 125 miles with no major problems.

Quite a few folks shed clothing in Goffs Corner or Vaughns Mill, putting it in my truck for a return to the start. Unfortunately around 12:30 p.m. or so the clouds started to move in. The temperature remained about the same, but the lack of sun made things feel considerably cooler. I'm pretty sure that some of those warm snuggies were missed during the last 40 miles.

Overall, the event went well and most everyone seemed pleased with the event and their results. The local paper was even on hand in Vaughns Mill for pictures, a talk with Jerry, etc.

Thanks to each of the participants for your time, efforts, and good company. I hope to see all of you again for the remaining brevets.

Please keep in mind that for the remaining events you will need a reflective vest/jacket and front and rear lights. Also, standard equipment-pump, spares, helmet, etc.-is required. Riders and bikes will have to pass inspection prior to the start.

For 2002 the remaining BCC events are scheduled as follows: 300, April 27; 400, June 1; and 600, June 22.

For more details, a registration form, etc., please check the BCC web site's [Brevets page](#).

If you have any questions, not answered on the web site page, please contact me (Johnny Bertrand) at 502 863-9975 or at johnny_bertrand@mindspring.com for further information.

Name		Club	Time (hh:mm)
Bertrand	Johnny	Bluegrass Cycling Club	13:10
Halecky	Bena	Bluegrass Cycling Club	9:05
Martin	Troy	Bluegrass Cycling Club	11:22
McClung	Jeff	Bluegrass Cycling Club	8:18
Meade	Alex	Bluegrass Cycling Club	9:02
Needham	Phil	Bluegrass Cycling Club	9:05
Penrod	Roger	Bluegrass Cycling Club	9:05
Royse	Stephen	Bluegrass Cycling Club	9:56
Scott	Dave	Bluegrass Cycling Club	9:05
Spawn	Clarissa	Bluegrass Cycling Club	9:02
Williams	Todd	Bluegrass Cycling Club	7:28
Wyatt	Steve	Bluegrass Cycling Club	10:30
Huguenard	James	Louisville Bicycle Club	8:37
Moore	James	Louisville Bicycle Club	11:47
Matson	Mark	Randonneurs USA	9:56
Shidler	Deeanna	Springfield Bicycle Club	10:37
Graham	Christine	Westerville Bicycle Club	8:57
Graham	Larry	Westerville Bicycle Club	8:57



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Dates For Your 2002 Calendar

Bill Daniels

Some of these rides provide group discounts! See our web site (www.bgcycling.org) for links to various bike clubs and events in the region!

- Horsey Hundred: May 24-26, Georgetown, Ky.
- BCC Club Picnic: June 30, Adena Park, Lexington, Ky.
- Red River Rally: Oct. 13, Stanton, Ky.
- Halloween Ride: Oct. 26, Midway, Ky.
- Old Kentucky Home Tour: Sept. 7-8, Louisville, Ky.
- 3 Mt./3 State: May 3, Chattanooga, Tenn.
- TOSRV: May 11-12, Columbus, Ohio
- MS150: June 8-9, Louisville, Ky.
- Bike Virginia: June 21-26, Radford, Va.
- Bluegrass State Games: July 27-28, Danville, Ky.
- Hope Ride: Sept. 21, Hope, Ind.
- Harvest Homecoming Ride: Sept. 29, Floyds Knob, Ind.
- Leukemia Century: Oct. 5, West Palm Beach, Fla.



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

HH: Inside Track 2

HH Committee

First of all, we would like to thank all of those who sent in volunteer forms or who contacted an HH committee member one way or another-this has helped tremendously. WE THANK YOU.

- The planned Equine History route has been developed and tested.
- A registration hand-out gift has been selected. It's in three colors!
- Volunteers are still needed as of this writing. Looking for SAG drivers and people to transport food.
- There seems to be some confusion concerning the cost of dorm lodging. The fee listed on the form is "per-person," not "per room."
- The massage guy (Glen) will be back again as well as the band Bluetowne.
- Registration fliers have been sent out. So if you haven't received your copy yet, contact Bill Daniels or download a copy from <http://www.bgcycling.org/horsey/>

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Helmets and Kids

Bill Daniels

I have been approached by the national Safe Kids Coalition (SKC, Lexington office) concerning an effort to help spread the word to kids about the importance of wearing a helmet while engaging in "wheeled" sports.

The SKC is concerned with any sport or activity involving wheels such as cycling, roller-blades, skate boarding, etc. where head and brain injuries are possible, due to accidents. Sherri, the local organizer, has asked me to ask you, the membership, for help in this exciting and important service. She is asking for a few "helmet-wearing people" to be a part of a safety program that speaks directly to kids (3rd-5th graders). The message is that it's cool and smart to wear a helmet. In other words, to be like us, the BCC cyclist-cool and in the know (as well as protected.)

Remember those safety programs we went to while we were in elementary school? The ones that were held in the gymnasium with one or two other classes? Well this is a similar program. You'll have a segment in the program to talk about helmet safety and to share your experience(s) of how your helmet saved your own head, if not your own life. The Safe Kids Coalition has information and presentation material available for you to draw from.

So, to help spread the word to kids about helmets, it would only require your time from 8-10:30 and 12:30-1:30 on May 6 and/or 8. May 7 is also scheduled but times have not been confirmed. You will be with a group of volunteers and staff. The whole presentation lasts maybe 25 minutes and will be given at two elementary schools.

Also, the Lexington Parks & Recreation is holding a "wheeled" safety

event on May 9, from 4-7 at Woodland Park in Lexington. They plan to hold a Bike Rodeo near the skate park where SKC will have a tent set up. People are needed to pass out literature and inform others about of the importance of wearing a helmet. Maybe even show people the proper wear and adjustment of the helmets they already use. It could be pretty fun, and volunteers are needed.

Sherri is looking for people who love working with kids and who are willing to share their experiences. If you are interested, please e-mail Sherri at srhann2@pop.uky.edu or call 859 323-1153 or contact myself at wedaniels1@prodigy.net These would be good community activities for the club to be associated with, especially during National Bike Month. So please think about it, then call to volunteer.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Time Trials

Woodson Smith

It looks like there will be two BCC time trial series this year. One will be on the usual Bates Creek Road course in Richmond, which offers both 10- and 20-mile out-and-back routes, and the other on the new Clifton course, a hilly 10-mile loop in Woodford county, with the start-finish line at the top of the celebrated Clifton Hill. Current plans are for the Clifton series to be the second Wednesday of each month (May-September). Dates for the Richmond series are May 22, June 5 and 26, July 17, and August 7 and 21.

These will be entirely separate series. Everybody knows and loves the Bates Creek Road course, where the club has been hosting time trials since Fausto Coppi was a kid. Dan Morris of Pedal Power will once again be running the show there. If you've never raced before, or if you have never given time trialing a shot, Richmond is a great place to see what it's like. It's not a flat course, but the grades are pretty constant so you can really get into a groove and go.

The terrain at Clifton is a lot more varied and technically challenging. With the uphill finish (nearly a mile-long climb, with grades that briefly get as steep as 13 or 14 percent), it just might give you a bit of the flavor of the uphill time trials that you may have seen in the recent Tours de France. Some of us folks from Frankfort will be putting on these time trials.

Check the BCC web site for updated schedule information as the time trials draw nearer, or check with Dan Morris (for Richmond) or Woodson Smith (for Clifton).



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Why Bad Weather Is Your Buddy (Well, Sort Of)

Woodson Smith

Cold weather? High winds? Rain? Get out on your bike and you might learn something:

The next time the wind really starts howling, round up a riding buddy or two and head out to the most exposed road you can find. Then practice drafting. You will quickly learn how an echelon works, and you'll be surprised how much difference a small shift in wind direction can make.

Got a strong cold wind blowing out there, and nobody else wants to ride? Go anyway, head into the wind, and practice being aerodynamic. It's not as good as a wind tunnel, but you'll see what position works most efficiently for you.

What about riding in the rain? I don't know that you'll gain any training benefit, but it can give you a mental boost-if you can tough it out on a nasty wet day, and then you will really appreciate rides in better weather!

Okay, I know you're reading this in early May when the weather's perfect, but file these ideas away for when the weather gets bad.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Cycle For a Cause: TNT Tropical Island Century

Dave Turner

How often do you get the chance to make a difference in the lives of thousands of people as you're transforming your own? The Leukemia & Lymphoma Society's Team in Training (TNT)-the first, largest and most successful endurance sports training program of its kind-gives you that chance.

Train with TNT and cycle a century in warm and wonderful Florida on October 5, 2002. TNT will provide all the support and inspiration you need, and help you raise needed funds for important research in the fight against leukemia, lymphoma, and myeloma. Your effort can affect the future of all Americans battling blood-related cancers.

As an added incentive, six lucky BCC members who join TNT for this Fall's event will receive a \$50 donation to their fund-raising goal from the Bluegrass Cycling Club.

To find out more about this exciting and life-changing opportunity, contact Dave Turner (TNT volunteer/BCC member) at 273-9985, Mark Fisher (TNT volunteer) at 552-6992, or Shane Stuber (TNT-KY Campaign Director) at 800 955-2566 ext. 23. Visit the Web for more information on Team in Training www.team-in-training.org or the Tropical Island Century www.cyclefest.org

"We make a living by what we get, we make a life by what we give." (Winston Churchill)

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

My Favorite Things About Bicycling

Mark Medley

1. The smell of freshly cut clover hay as you're pedaling down a country road.
2. Having friendly people along the route wave at you as you ride.
3. A good friend alongside to talk to as you pedal the miles away.
4. Great scenery on a sunny day.
5. Blooming honeysuckle filling your nostrils.
6. Feeling the wind in your face, blowing your hair.
7. That surge of energy you feel halfway through the ride, just after you've eaten that Powerbar!!
8. Pretending I'm Lance Armstrong on Griers Creek Hill, when my energy has nearly run out.
9. Givin' it all you've got, and smoking a line of cars from a stop light.
10. Admiring looks you get from people that wish they were the one on that bike!

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

BCC Women's Race Update: Spring 2002

Rachael Peake

Dateline: April 2 2002

The most memorable thing about the race season so far has been the weather. For those of you that were smart enough to stay home for the LaGrange and Memphis races, all you missed were high winds, rain, hail, cold, fog, rain, rain, rain, and a really good workout. That is why these first few races are in the "Spring Training" series-that is exactly what they are-TRAINING (and by the way, I was told by someone not to say "too much" about the races for fear of scaring away any interested women racers-Ha!). But I feel confident the bad weather is all in the past, and nothing weather-wise in the future could possibly be so horrible-until next year. But by then we will all be hooked on racing and will show up anyways.

Regardless of the weather, BCC women have placed fairly well, depending on how you look at things. In the L'Esprit Road Race in LaGrange, Ky, we all could have used a little bit more L'Esprit, but I held on to my bike tight despite a high wind advisory for a second-place finish. For the Memphis-Pekin Road Race in Memphis, Ind., things were a little bit tougher for me. I couldn't pull anyone, hang on to anyone, or really even see anyone after a while. I did finish in front of four men, which later in the race became my new goal in finishing.

I missed the Shawnee Park Criterium in Louisville, but my husband was lucky enough to be the personal driver for the #1 woman finisher-BCC's own Marilyn Hartman, who is also the new BCC Women's Team Captain. So I heard about it secondhand from Danny as "She won! She did great! She was somewhere right behind me the whole time. At one point she looked at me and said 'hi' and I just grunted." Then I heard it firsthand as "It was hard, really tight corners, (the corners weren't that tight but challenging in a pack of 25 racers) 45

minutes all out but fun." But Marilyn was victorious, hopefully achieving the first of many wins this year.

The next race is April 7 in Waddy, Ky. The BCC women are planning to have a strong showing; it is after all a BCC club sponsored race, and it's the inaugural race for the women's team. Hopefully, the weather won't be typical and the team will place high at the finish, and more importantly-have fun!

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

If You Move...

Be sure to let club secretary Herb Goff know your new address so you'll get your newsletter; they **are not** forwarded by the post office, and if BCC forwards them, it costs us extra postage.

Contact Herb via e-mail at: hgofts@aol.com or send a change of address card to the club address: BCC, P.O. Box 1397, Lexington, KY 40588-1397.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Copy Due Dates

- July-August Issue: Saturday, June 1.
- Sept.-Oct. Issue: Thurs., August 1.

Submit copy to: Woodson Smith, 224 W. 4th St., Frankfort, KY 40601, 502 227-0783, or jwsmith@plangraphics.com

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - May-June 2002

[<< PREV](#) [TOC](#) [NEXT >>](#)

Racing Info

Check the [racing pages](#) on the BCC web site for up-to-date race information, schedules, and results. Also check out area racing at <http://www.ohiovalleyracing.org/> or <http://www.truesport.com/>

[<< PREV](#) [TOC](#) [NEXT >>](#)
